

PAIEON

HEALTH AND FITNESS

FLYWHEEL TRAINER



The perfect stimulus for eccentric overload for both rehabilitation and performance.

Flywheel Trainer

User Manual

Introduction

Eccentric overload training has been shown to be superior to traditional weights for increasing muscle power, strength and hypertrophy.

The flywheel trainer provides the perfect stimulus for eccentric overload for both rehabilitation and performance without the need for a spotter or assistance to perform the concentric phase.

Heavy duty, portable and extremely versatile, this would suit anyone short on space but still wanting a whole body workout without needing to buy multiple separate pieces of equipment that serve only one function.

Comes with the following accessories:

- 3 different sized flywheels to customise the resistance/load. Flywheels Inertia:
 - Small = 0.010 Kg m^2
 - Medium = 0.025 Kg m^2
 - Large = 0.050 Kg m^2
- 1 x straight bar
- 1 x handle
- 1 x ankle strap
- 1 x foot block
- 1 x angle adjuster

Important information

Read user manual and warning labels before use. Use only as instructed - misuse or abuse of this equipment may lead to serious injury or death. Paieon takes no responsibility for any injuries that may occur.

Inspect all parts prior to use – any damaged or worn parts/labels *must* be replaced. See user manual for how to change and cut the drive belt. Use only OEM parts to repair machine and do not modify.

Until you are familiar with the machine, work at a sub-maximal intensity initially until comfortable.

Keep body, clothing and hair free and clear of moving parts and do not operate without protective shield.

Do *not* let the pulley attachment hit the machine, absorb the eccentric load *before* it hits the machine.

Before starting an exercise program, consult a physician. If you feel unusual pain, dizziness, shortness of breath, chest tightness or discomfort, STOP all use and consult your physician immediately.

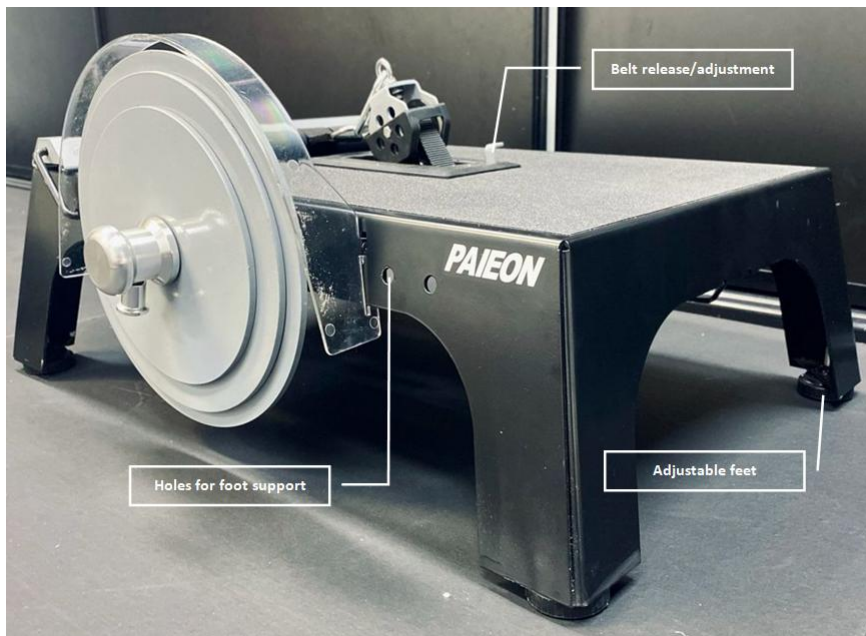
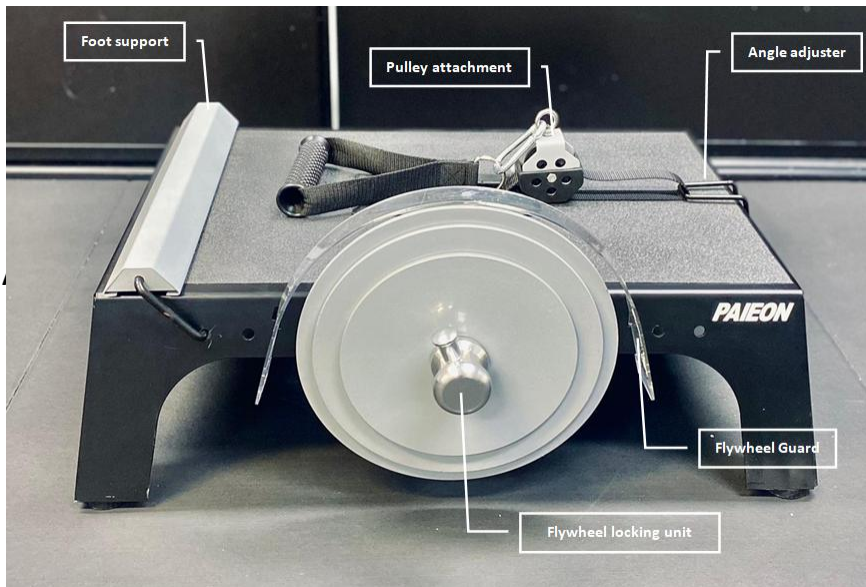
Always place machine on level surface and place both feet on the foot plate *at all times* during use. Failure to do so can result in the machine lifting off the ground and/or injury.

Use clean, dry shoes at all times whilst exercising. Although the foot plate has a grippy surface, any liquids or improper footwear can cause slippages.

Be aware of your surroundings. Keep children and pets away from this equipment and ensure sufficient space between you and objects/other people on either side (and above) for you to be able to perform exercises without obstruction.

Set Up

Components



Quick Start Guide

- 1 Attach all 4 adjustable feet to base of machine.



- 2 Remove flywheel locking unit from shaft by pulling pin to release and pulling the unit outward.

Attach flywheel(s) of your choice.



- 3 Pull pin of the flywheel locking unit and put back on the shaft (pin must be aligned with the slot on shaft). Push firmly inward until you hear a click. Flywheel and locking pin should be secure with no play.



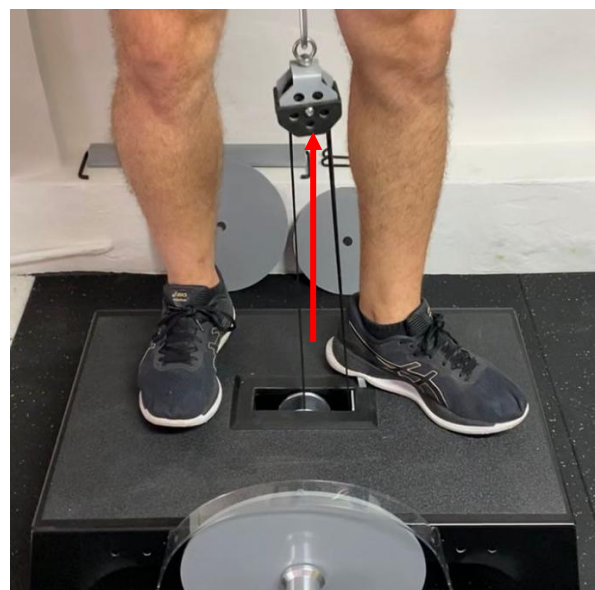
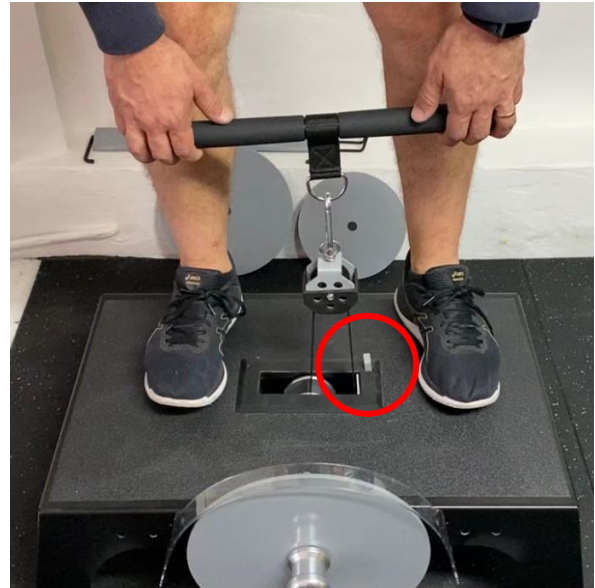
- 4 Bend flywheel guard and lock into slots.



- 5 Attach handle/accessory of choice and wind from the flywheel locking unit until belt is fully wound around the belt shaft.



- 6 Stand on unit with both feet. Press belt release/adjustment pin to bring handle/accessory to desired height. Release pin.



- 7 (Optional accessory). Install angle adjuster by looping around belt and fitting into the grooves on the frame as shown.



- 8 (Optional accessory). Hook foot support by pulling back arms and locking into holes as shown.



Maintenance

- 1 Ensure *all* hex grub screws are tight



- 2 Inspect belt for any signs of wear/fraying and trim any frayed ends. Seal edge with a lighter to prevent fraying.



- 3 Fold belt over locking pin and pull through shaft. The belt should automatically lock when pulled firmly. Ensure a minimum of 2cms overlap is pulled through as shown.

